

ELDERLY NUTRITION PROGRAM VIDEO LIBRARY

The following is an **updated** list of videos available through the **California Department of Aging** and slides are available for loan to Area Agencies on Aging and Elderly Nutrition Program service providers by contacting the Department. Directions on how to order these materials are found at the end of this listing.

Videos for Participant Nutrition Education

1. **The Food Guide Pyramid** (1 copy each)
(Available in English and **Spanish**)

This video offers a straight forward description of how to interpret and use the new Pyramid. It illustrates the wide variety and choices available and discusses the nutritional benefits of balanced eating from all the food groups.

Date: 1995

Length: 14 minutes

Source: National Health Videos

2. **Nutrition For the Over 50 Gang** (1 copy each)
(Available in English and **Spanish**)

Addresses the special needs of the senior population. Discusses the reduced calorie and fat needs of older persons and provides a simple explanation of vitamin, mineral, carbohydrate and protein needs. It also covers exercise, osteoporosis, medicine and food relationships, and the importance of water.

Date: 1994

Length: 15 minutes

Source: National Health Video

3. **Seven Most Popular Nutrition Myths** (1 copy; English)

Video "de-bunks" some old food fallacies, "good vs. bad food", the real meaning of "natural" and "organic". In their place, positive nutrition messages are emphasized. To summarize good nutrition practices, the video ends with a brief explanation of the Food Pyramid Guide.

Date: 1994

Length: 16 minutes

Source: National Health Videos

4. **Current Nutrition Myths** (1 copy)
- This video deals with some current myths: “natural” herbs cure disease, everyone needs vitamin pills and supplements, food allergies are responsible for most of our ailments, sugar make children hyper, and anyone who call themselves a “nutritionist” is an expert. A teaching resource package and quiz is included.
- Date: 1996 Length: 16 minutes
5. **Separating Nutrition Fact From Fiction** (1 copy)
- This video stress the role of real nutrition expert, the Registered Dietitian; how to spot phony credentials or initials; how to go behind headlines, questions to ask before accepting “breakthrough” announcements; explains that internet nutrition information is not always accurate; and empowers consumers to make better decisions. Teaching resource package and quiz included.
- Date: 1998 Length: 14 minutes
6. **Food & Medicine Interactions** (1 copy)
- Explains the how and why good and medicines interact, including the speeding up or slowing down of drug absorption and how medicines may affect absorption with special relevance for the elderly. Video offers specific examples such as antidepressants, antibiotics, and other medications. Teaching resource package and quiz included.
- Date: 1998 Length: 14 minutes
7. **Special Nutrition Problems of the Elderly** (2 copies – VHS)
- This video will discuss nutritional challenges common to many older persons. More specifically, we will cover weight loss, weight gain, chewing problems, physical activity, alcohol, drug food interactions constipation, dehydration, iron and reliable information sources. Teaching resource package included.
- Date: 1997 Time: 14 minutes
8. **Diabetes and Food Myths** (1 copy)
- Helps dispel the myths the sugar causes diabetes; that a diabetic can never eat any sugar; that a diabetic must eat difference from other people; that they have no say in their meal plan, that fat free means calorie free; and that exercise in not important. Teaching resource package and quiz included.
- Date: 1997 Length: 15 minutes
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Hypertension and Nutrition

Length: 15 minutes

Osteoporosis Prevention: Food and Fitness for Strong Bones (1 copy)

Food Safety and Inspection Service

- NEW 14. ***How to Avoid Harmful Medicine Interactions*** (1 copy VHS)
The information on this video may help you to avoid interactions with other medicines as well with certain types of food. Developed for the Riverside County Office on Aging.

Date Not listed Length: 20 minutes
- NEW 15. ***Smart Shopping with the Food Label*** (1 copy VHS)
This video explains who to use the Food Pyramid Guide to make a shopping list. Presents shopping strategies that include: market layout and shelf placement; awareness of impulse buying triggers; use of percent daily values and how to compare nutrient values between competing products. Resource package and reproducible hand outs included.

Date: 1999 Time: 24 minutes
- NEW 16. ***A Supermarket Tour for Elders*** (1 copy VHS)
Filmed in a supermarket, this video addresses the shopping needs of elders and their caregivers. Shows how to make wise nutrition choices; illustrates economical food choice. Reproducible handouts

Date 1999 Time: 20 minutes
- NEW 17. ***Fitness Forever -The Exercise Program for Healthy Aging!*** (1 copy)
A nationally recognized hospital-based program featuring exercises that will enhance and maintain the good health and fitness of seniors. Features include warm-up, low impact aerobics, strength and flexibility training, balance development and cool down.
Date 1998 Length 50 minutes
- NEW 18. ***Young at Heart Senior Strength Training Series*** (1 copy VHS)
Produced by the Healthy Aging Association
Volume I
Bicep Curl, Triceps, Bent leg raise, Frontal raises, Lateral raises, Hip abductor, Compound row, and Shoulder Press. Length: 50 minutes

Volume II (1 copy VHS)
Bicep Curl, Triceps, Bent leg raise, Frontal raises, Lateral raises, Hip abductor, Compound row, and Shoulder Press. Length: 50 minutes

Volume III (1 copy VHS)
Bicep Curl, Triceps, Bent leg raise, Frontal raises, Lateral raises, Hip abductor, Compound row, and Shoulder Press. Length: 50 minutes

NEW 19. ***Armchair Fitness for Seniors - -Strength improvement*** (1 copy VHS)

Improvement of upper body and leg strength is important and possible at any age using chair exercises. In the first 20-minute session of this video, Betty Switkes leads the group in a warm-up , strength building with neckties, a balancing exercise done standing or seated, and a lively seated dance. The second 20-minute session features gentle aerobics, upper body strengthening using sop cans as weights, enjoyable dance motions and a pleasant cool-down. You'll enjoy exercises set to lively big band and popular music.

Date: 1995

Length 40 minutes

NEW 20. ***Walkaerobics for Seniors - The First Step to Fitness*** (1 copy VHS)

This tape includes a complete introduction, health information, cautions and considerations for the adult exerciser. Set to light music, this video stresses the enjoyment and benefits of exercising with a group of friends or in the privacy of your own home.

Date: 1996

Length 30 minutes

NEW 21. ***Skeletal Fitness - A Work out For your Bones*** (1 copy DVD)

Video Includes: A 50 min., one-on-one bone loading workout divided into 6 color coded sections – making it easy for beginners to stop and go or fast forward to any section that needs work. Advanced exercisers can do the full body workout end to end. **Plus** 2 sections packed with facts about bones and osteoporosis.

Date 2004

Length: 50 minutes

Videos for In-Service Training

1. **SERVSAFE: STEPS TO FOOD SAFETY**

This series is the latest from the Educational Foundation of the National Restaurant Association. The information is consistent with the FDA Model Food Code.

Each video is in both English and Spanish and includes a video guide.

Video tapes in this set must be requested individually; all will not be loaned at one time to a single user.

Tape a. *Step 1: Starting Out with Food Safety* – Defines what foodborne illness is and how it occurs; how foods become unsafe; and what safety practices to follow during the flow of food

Tape b. *Step 2: Ensuring Proper Personal Hygiene* – Introduces employees to ways they might contaminate; personal cleanliness practices that help protect foods; and the procedures for thorough handwashing.

Tape c. *Step 3: Purchasing, Receiving, and Storage* – Explains how to choose a supplier; calibrate and use a thermometer properly; accept or reject a delivery; and store food safely.

Tape d. *Step 4: Preparing, Cooking and Serving* – Identifies proper practices for thawing, cooking, holding, serving, cooling and reheating food.

Tape e. *Step 5: Cleaning and Sanitizing* – Describes the difference between cleaning and sanitizing; manual and machine warewashing; how sanitizers work; how to store clean items and cleaning supplies; and how to set up a cleaning program.

Tape f. *Step 6: Take the Food Safety Challenge: Good Practices, Bad Practices – You Make the Call* – Challenges viewers to identify good and bad practices presented in five short scenarios from different industry segments

Date: 2000

Length: Tapes are 10 to 12 minutes each except for Step 6 which is 35 minutes.

Source: Educational Foundation of the National Restaurant Association

2. **A Practical Approach to HACCP**

(1 copy each; English)

This video presents a basic overview of HACCP principles and their application in the restaurant setting.

- Tape a.** *Receiving to Cooking* – Follow HACCP through the flow of food from receiving to storing, processing and cooking. (21 minutes)
- Tape b.** *Cooking to Cooling* – See how HACCP contributes to appropriate cooking, hot and cold holding, cooling and storage. (22 minutes)
- Tape c.** *A HACCP Case Study* – Apply what you've learned in the first two videos and review by observing a case study. Identify the hits and misses along the route from receiving to service. (14 minutes)
- Tape d.** *Managing Food Safety* – View an efficient HACCP plan in action as an energetic restaurant team designs, implements and evaluates a food safety system in its operation. (20 minutes)

Date: 2002

Source: Educational Foundation of the National Restaurant Association

3. **ServSafe: Serving Safe Food Training Series**

(1 copy each; English)

(Instructor and student materials are available)

This series has been superseded by the "ServSafe Step" series but these videos are still a good sources for the training of food service staff and volunteers.

Tape b covers HACCP which is not included in the "Step" series.

Video tapes in this set must be requested individually; all will not be loaned at one time to a single user..

- Tape a.** *Introduction to Food Safety* – Teaches causes of foodborne illness and the important role employees play in serving safe food
- Tape b.** *Managing Food Safety (HACCP)* – Reinforces the value of HACCP and teaches the seven steps in establishing the system.
- Tape c.** *Receiving and Storage* – Employees learn the correct steps to ensure food received is safe and stored properly
- Tape d.** *Preparation, Cooking and Service* – Illustrates the continuing flow of food and instructs in proper food preparation methods crucial to maintaining safe food
- Tape e.** *Proper Cleaning and Sanitizing* – Teaches proper cleaning and sanitizing steps that can reduce harmful bacteria on utensils, dishes and equipment
- Tape f.** *Personal Hygiene* – Demonstrates to employees why personal cleanliness and hygiene practices are vital to food safety

Date: 1993

Length: Tapes are 10 minutes each except for Tape b. is 20 minutes

Source: Educational Foundation of the National Restaurant Association

4. **Food Safety: An Educational Video for Institutional Food Service Workers** (1 copy; English)

Video provides the latest food safety advice from the FDA for those serving high risk populations, e.g., the elderly. Covers the newest institutional food safety guidelines found in the 1995 Food Code, e.g., revised cooking temperatures and safe food preparation to prevent Salmonella, Shigella, and E. coli 0157:H7.

Date: 1996 Length: 10 minutes

Source: Food & Drug Administration

5. **Employee Safety Video Series.** (1 copy each; English)

A series from the Educational Foundation of the National Restaurant Association. Each video comes with a video guide.

Tape a. *Protecting Yourself and Your Customers –*

Demonstrates the importance of following safety precautions and how to prevent accidents

Tape b. *Preventing Burns and Fires –*

Demonstrates how to prevent burns, how to identify what contributes to burns and fires, and how to respond to fires.

Tape c. *Preventing Slips, Falls and Lifting Injuries –*

Demonstrates how to prevent injuries, and how to identify and report safety hazards.

Tape d. *Preventing Cuts and Lacerations –*

Demonstrates how to prevent cuts, how to use and sharpen knives, and how to choose the right knife for a job.

Length: 10 minutes each

Date: 1998

6. **Human Resources Videos** (1 copy each; English)

A series from the Educational Foundation of the National Restaurant Association. Each video comes with a video guide.

Tape a. *Interviewing and Hiring Employees –*

Discusses screening employees, legal guidelines for interviewing, preparing for the interview, conducting the interview, selecting and hiring.

Tape b. *Conducting Effective Group Training –*

Demonstrates group training, conducting the training session, encouraging participation, evaluating and following-up.

Tape c. *Motivating Your Employees*

Discusses the benefits of a motivated workforce and how to continue to motivate employees.

Tape d. *Managing Employee Performance* -

Discusses the reasons for poor performance, rules for handling performance problems, and employee termination.

Tape e. *Conducting Positive Performance Appraisals* -

Covers planning and preparing for positive appraisals, conducting evaluations, and following through and monitoring progress.

Date: 1998

Length: 20 minutes each

7. **Food Service Management Training** (4 copies each; English)

Each module consists of a video, and instructor's guide, student materials. Modules are designed to be interactive with breakout sessions incorporated into the videos. Each module is designed to be facilitated by a Registered Dietitian.

Length: The modules may be presented individually or jointly. **Each module requires approximately two and a half to three hours to complete.**

Module 1 *Controlling Food Production Costs* - (Video: 1 hour 30 minutes)
Food and equipment purchasing, controlling and monitoring food and supply costs, how to determine monthly food and supply costs, and how to determine customer count.

Module 2 *Maintaining Quality in Food Production* - (Video: 1 hour 20 minutes)
Types of food production systems, use of production sheets, portion control, and meal presentation.

Module 3 *Home Delivered Meal Systems* - (Video: 1 hour 18 minutes)
Video covers menu planning, production issues; hot and cold food holding equipment and packaging procedures; and delivery of home-delivered meals.

Module 4 *Kitchens and Equipment* - (Video: 1 hour 23 minutes)
Video covers purchasing of equipment; kitchen layout and flow; kitchen design; cleaning of equipment; and maintenance and repair.

Module 5: *Employee Safety in Food Service* - Includes accident prevention (falls and slips, burns and cuts); fire safety; chemical safety; emergency procedures and maintaining a safe work environment.

Module 6: *Managing Human Resources in Food Service* - Includes job descriptions; selecting orienting and training of staff; work schedules; productivity; utilizing your staff to maintain quality.

Date: 1998 –2000

Source: California Department of Aging

8. **Introduction to Food-borne Illness** (1 copy VHS)
This video provides an overview of the major causes of food-borne illness and illustrates practices to minimize the risk of contracting or spreading a food-borne disease. Viewers learn about microorganisms (parasites, viruses, fungi, and bacteria) associated with food borne illness. They also study ways to reduce harmful pathogens through proper handling, storage, and cooking. Other food safety topics include keeping foods out to the temperature danger zone, avoiding cross-contamination and the importance of personal hygiene. Teaching resource and quiz for each section is included.

Date: 1996

Length: 39 minutes

9. **Food-Borne Illness and Their Prevention** (1 copy)
This video takes an in-depth look at the practices that anyone who handles food should follow to prevent the spread of bacteria and to assure that the foods we eat are safe and enjoyable. Viewers investigate the cause, symptoms, and treatment of food-borne illnesses with emphasis placed on their prevention.

Date: 1995

Length: 35 minutes

- NEW** 10. **Kitchen Food Safety** (1 copy VHS)
In this video you will find common foods can cause food poisoning if improperly prepared, stored or served. Symptoms of food poisoning can include fever, vomiting and diarrhea. These range from mild to severe. Occasionally death may result. Food poisoning can be prevented by attention to food safety rules.

Date: None listed

Time: Not listed

Directions for Ordering Videos or Slides

1. Call (916) 324-1900 to make requests for loan of videos or slides.
 - Allow at least five (5) working days for processing and mailing of requested material(s).
 - Request videos as far in advance as possible as some videos are very popular. Reserving them in advance can help assure that they will be available for your program needs.
2. All videos except for the CDA Food Service Management Training Modules may be kept for two weeks only. When calling to request an item(s), be specific about the time frame you need the material.
3. The organization, name, address and telephone number for the person who will be responsible for loaned items(s) is required.
4. Videos must be mailed back to the California Department of Aging in an envelope or box to prevent damage. The replacement cost of lost or damaged media will be charged to the user.